

Asian Flounder



Ingredients

- 8 green onions
- 1/4 cup minced fresh cilantro
- 1 tablespoon minced peeled fresh ginger
- 2 teaspoons dark sesame oil, divided
- 4 (6-ounce) flounder fillets, skinned
- 2 teaspoons rice vinegar
- 2 teaspoons low-sodium soy sauce
- 1/8 teaspoon salt
- 4 lemon slices

Preparation

- Remove green tops from onions; slice onion tops into 1-inch pieces to measure 1/4 cup; set aside. Reserve remaining onion tops for another use. Cut white portions of onions into 2-inch pieces.
- Combine cilantro, ginger, and 1 teaspoon oil in a 9-inch pie plate. Fold each fillet in half crosswise. Arrange fish spokelike with thinnest portions pointing toward center of dish. Arrange white onion portions between each fillet. Combine 1/4 cup green onion tops, 1 teaspoon oil, vinegar, soy sauce, and salt; pour over fish. Cover with heavy-duty plastic wrap. Microwave at HIGH 4 minutes or until fish flakes easily when tested with a fork. Garnish each fillet with a lemon slice.